

# Standardized Recipe Form

Recipe Name Sweet Potato Bars Category Grains/Breads Recipe # \_\_\_\_\_

(i.e., entrée, breads)

Process: 2 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

<b>Ingredients</b> * Indicates a commodity item (Local) Indicates a local item	Servings		<b>Directions:</b> Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Flour, whole wheat (or Local) Baking powder Cinnamon, ground Nutmeg, ground Sugar, brown Applesauce, canned Sweet potato, canned, mashed Milk, nonfat Raisins	1 qt + 1 cup 2 Tbsp + 5/8 tsp 1 5/8 tsp 1 5/8 tsp 1 2/3 cup 1 2/3 cup 3 1/3 cup 3/4 cup + 1 Tbsp 2 1/8 cup + 1 1/2 Tbsp	2 qt + 2 cup 1/4 cup + 1 3/8 tsp 1 Tbsp + 3/8 tsp 1 Tbsp + 3/8 tsp 3 1/3 cup 3 1/3 cup 1 qt + 2 5/8 cup 1 2/3 cup 1 qt + 3/8 cup	Preheat oven to 350° F. Combine flour, baking powder, cinnamon, and nutmeg in a large bowl. Place egg, milk, and applesauce in the bowl and mix. Stir in sweet potatoes followed by raisins. Spread into lightly greased pan. Bake for 40 min or until toothpick inserted in center comes out clean. Let cool and cut into bars.

Serving Size 1 - 3 x3 bar Pan Size 9 x 15" Bar Pan

Yield \_\_\_\_\_ Number of Pans 1

**Meal Pattern (Based on Serving Size):** \_\_\_\_\_

\_\_\_\_\_ Meat/Meat Alternative

\_\_\_\_\_ Fruit/Vegetable

1 Grains/Breads

## Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>350</u>	<u>40</u>
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** \_\_\_\_\_

111 Calories 0.07 Saturated Fat (g) 1.1 Vitamin C (mg)

2.35 Protein (g) 83 Sodium (mg) 1490 Vitamin A (IU)

0.32 Total Fat (g) 2.15 Fiber (g) 60.7 Calcium (mg)

2.63 % Calories from Total Fat 0.95 Iron (mg)

This recipe is from Suzie Bedwell, Great Falls Public Schools, Great Falls, Montana.